

## Rotini with ItalianChicken15

Number of Servings: 15 (167.97 g per serving)

Amount	Measure	Ingredient
2 3/4	cup	Sauce, spaghetti, low sod
11.00	oz	Pasta, rotini, enrich, dry
15.00	Tbs	Cheese, mozzarella, low moist, part skim, shredded
5.00	Tbs	Cheese, parmesan, dried, grated
7 1/2	Tbs	Olives, black, cnd
15.00	ea	Chicken, broiler/fryer, breast, w/o skin, rstd
2.00	tsp	Seasoning, Italian medley

### Nutrients per serving

## Nutrition Facts

Serving Size (168g)  
Servings Per Container

Amount Per Serving

**Calories 300**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 7g**    **11%**

**Saturated Fat 2.5g**    **13%**

**Trans Fat 0g**

**Cholesterol 80mg**    **27%**

**Sodium 190mg**    **8%**

**Total Carbohydrate 22g**    **7%**

**Dietary Fiber 2g**    **8%**

**Sugars 5g**

**Protein 33g**

**Vitamin A 10%**    • **Vitamin C 2%**

**Calcium 10%**    • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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### Instructions

Cook rotini in boiling water until tender but still firm. Drain and add mozzarella cheese, black olives and 2/3 of the spaghetti sauce to the cooked, drained rotini and place in steamtable to keep hot. Try to do this as close to serving time as possible. Place chicken breasts that are 4-4 1/2 oz each on baking pans and season with Italian Seasoning (approx 1/8 tsp/breast) and 1 T. spaghetti sauce/breast. Place in 350 degree oven until tender and bake until at least 165 degrees, approximately 35-45 minutes.

Serve 1/2 cup rotini/serving = 1 1/2 Carb Servings  
with 1 chicken breast served over or beside the rotini

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

#### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

#### Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.